

START Model and Research

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www.centerforstartservices.org

Institute on Disability/UCED

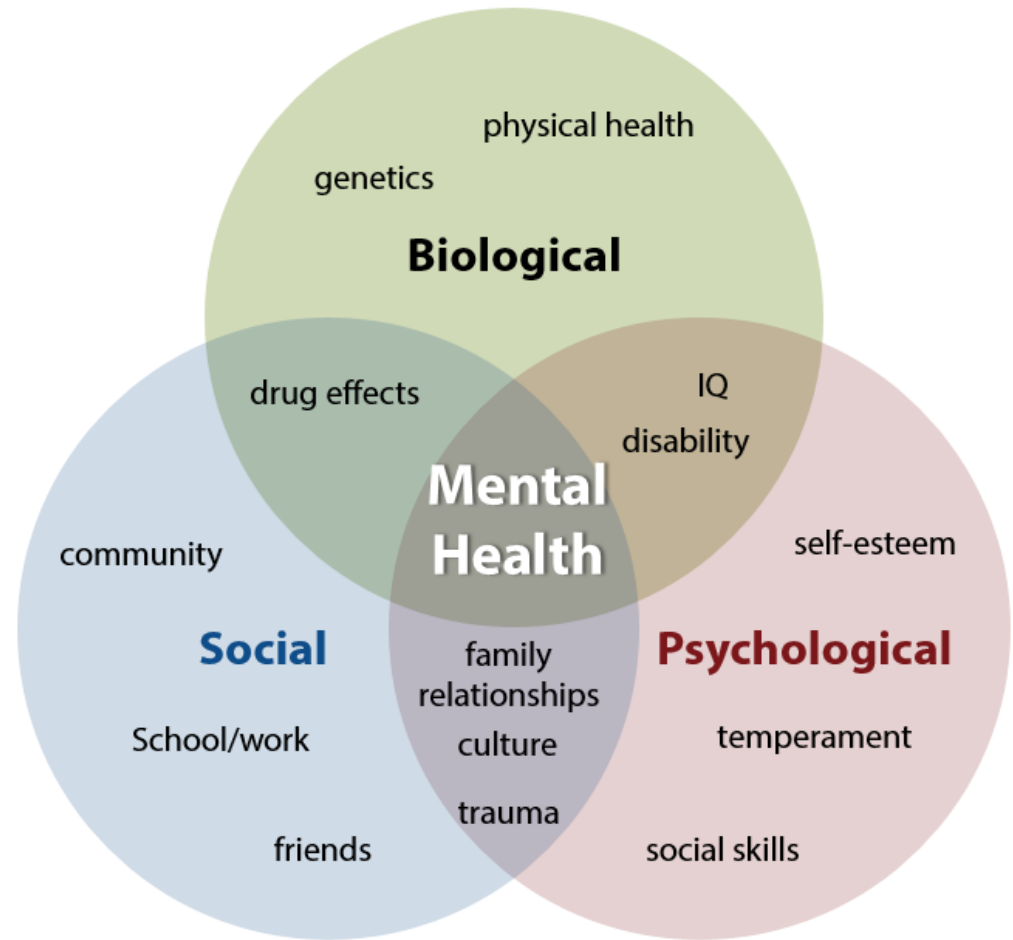


University of
New Hampshire

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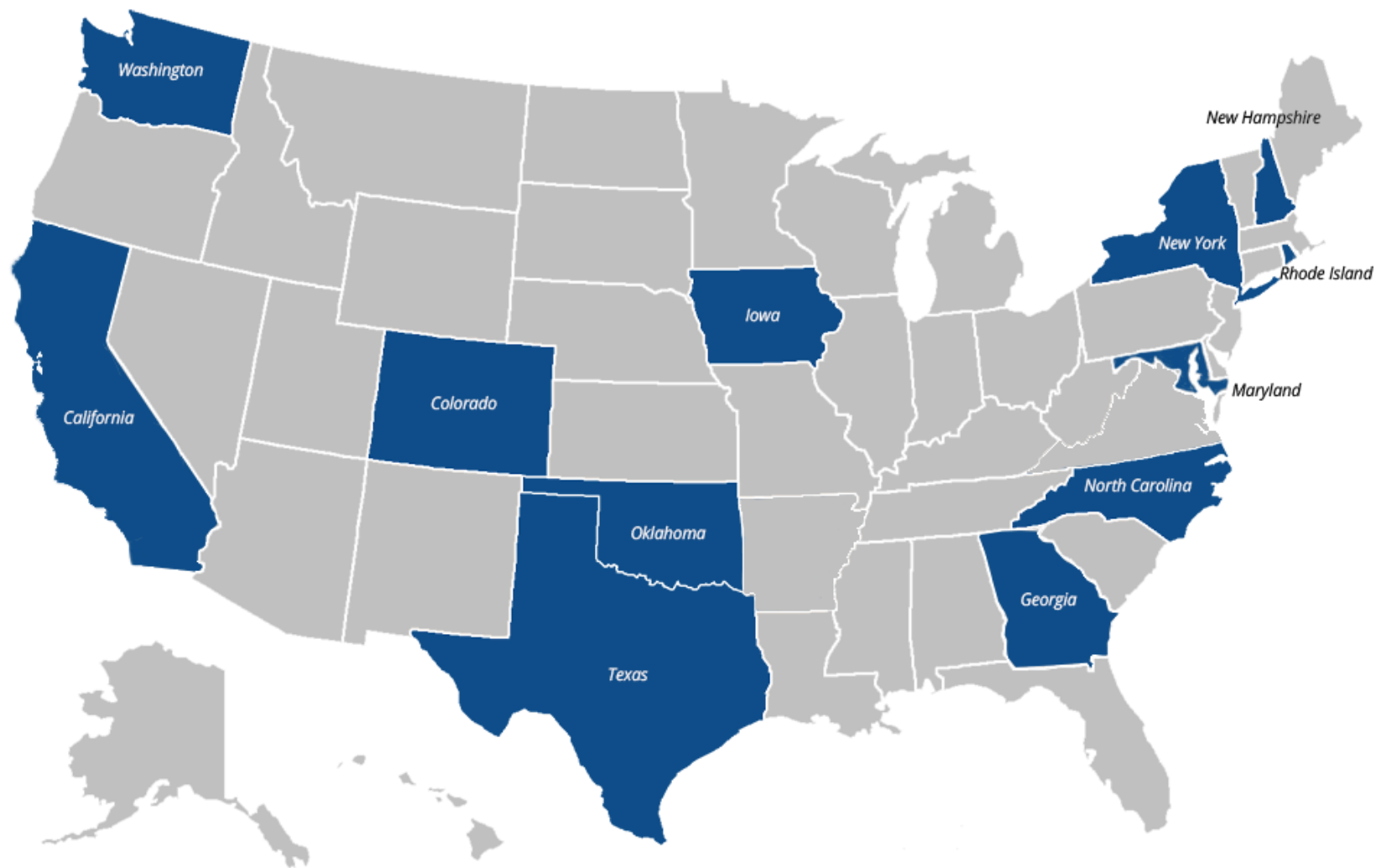
Bio-Psycho-Social approach
(Engel, 1979) considers the
biological, psychological and
social strengths and
vulnerabilities related to
mental wellness and how
these different factors might
contribute and impact one
another.



Engel, G. (1979). The biopsychosocial model and the education of health professionals. *General Hospital Psychiatry*, 1(2), pp.156-165.

The "START" model:

- First developed in 1988, and still learning
- KEY: Partnerships that Enrich the system
- Nationally recognized
- Let's discuss our values





Fidelity –

provide training and consultation to support the integrity of activities that make the START Model effective and directly impact the success of desired outcomes.

START Regional Team Services

- Director (master's or above)
- Clinical Director (Psychologist or equivalent)
- Medical Director (Psychiatrist or APRN)
- Certified START Coordinators
- Team Leader

The Center for START Services

- Customized Coaching
- Technical Support
- Certification of START Coordinators
- National Online Training Series
- Online Certification Course for START Teams
- National Database
- Fidelity Guides
- START Curricula

Clinical Services

- Neurology
- OT
- Forensic Psychology
- Nursing
- Dentistry
- Family Supports

Training and Consultation

- Didactic Training
- Eco-mapping and systems support
- Crisis prevention and intervention planning
- Emotional Intelligence training

Advisory Committee

Linkages

- State/local stakeholders
- Residential
- Schools
- Inpatient
- Outpatient
- Respite
- Day
- Natural Supports

Therapeutic Resources & Services

- Emergency Beds
- Planned Beds
- Therapeutic Activities
- Autism Services
- Positive Psychology
- Sensory Activities
- In-Home Therapeutic Services
- 24-Hour Crisis Response

24-Hour Crisis Response

- Mobile Mental Health Crisis Teams
- Hospital Emergency Rooms
- Police
- Other First Responders

Public Health Model & START: Numbers Benefiting from Intervention

System gap analysis, workforce development and identification of risk factors

Primary Intervention

Changing the Odds

Secondary Intervention

Beating the Odds

Tertiary Intervention

Facing the Odds

Potential
impact of
intervention

Options
decrease

A Crisis is a Problem without the Tools to Address it

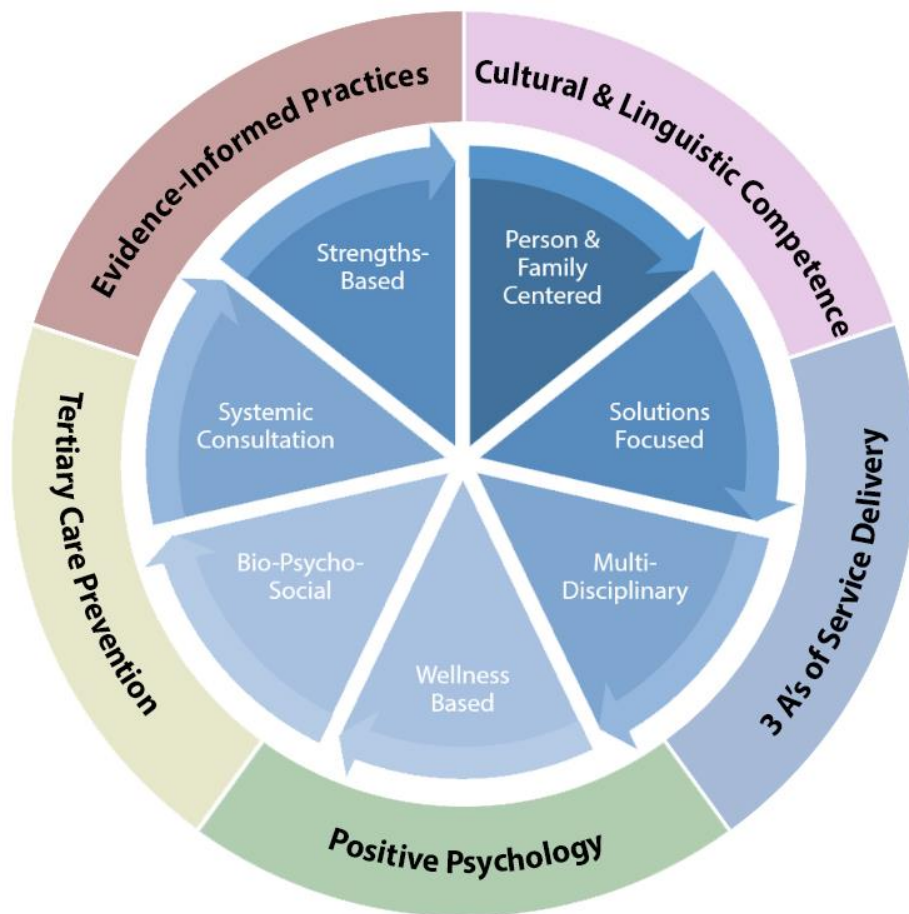
- We are a tertiary care crisis intervention model
- The importance of a safety net
- The tools to discovering the strength in all of us
- The tools to cross systems collaboration
- The tools to understand and collaborate in times of difficulty
- The tools to promote wellness and well being
- It is not about the pill or the plan it is about the person and their strength of character

Wellness Based - The World Health Organization defines wellness as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.



<https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

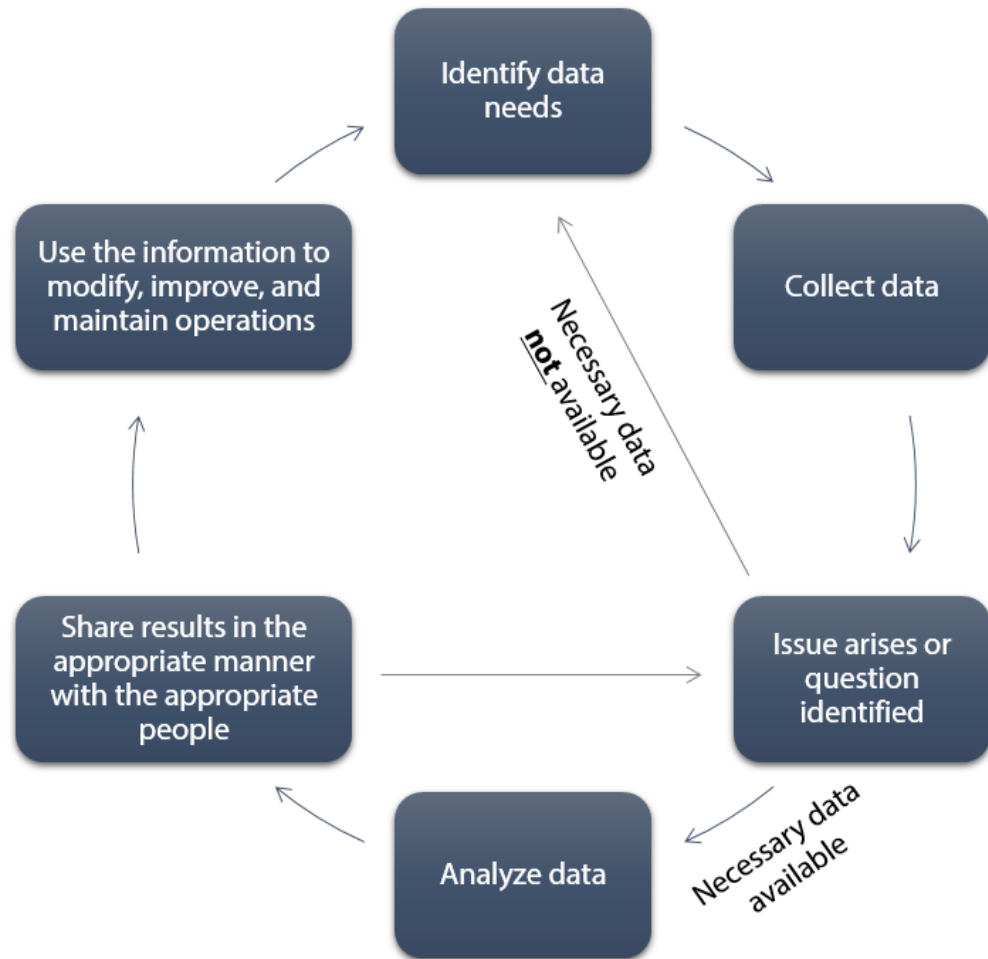
START Approaches

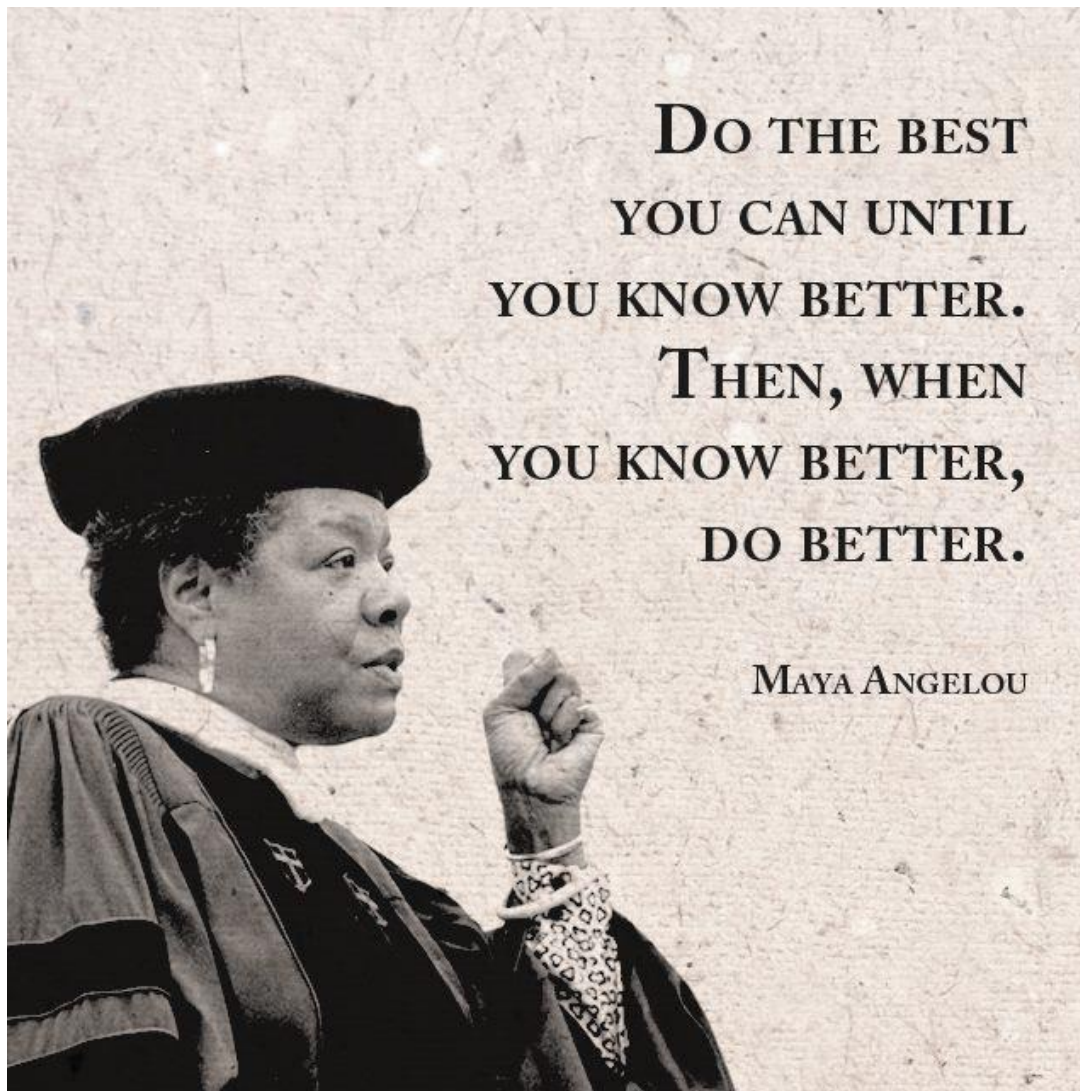


Each of the approaches used and endorsed by the START model are effective best practices. Because they are interrelated, outcomes are strongest when they are combined and used across all aspects of START service delivery.

Evidence informed practice

Evidence-Informed practice is a model that incorporates the best available research and ongoing evaluation and assessment to inform interventions.





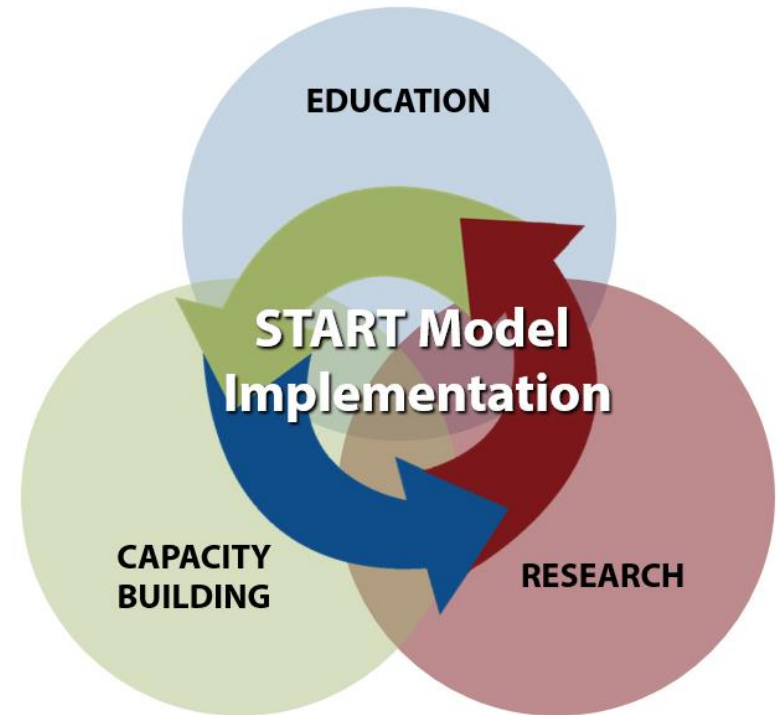
We perform best through our collective intelligence

"As long as everyone got a chance to talk, the team did well. But if only one person or a small group spoke all the time, the collective intelligence declined"

- NYT Magazine "The Work Issue" 2/28/16

UNH/IOD Center for START Services: Building capacity

- PLCs
- Professional practice improvement groups
- Coaching
- Technical Support: office hours
- Certification (coordinators and program)
- National Online Training Series
- Certification Course
- Fidelity Guides
- START Curricula MH/IDD training lifespan
- CETs
- START National Training Institute



Reflective Inquiry and Assessment

“If I had an hour to solve a problem I would spend 55 minutes thinking about the problem and 5 minutes thinking about the solution.”

-Albert Einstein

START with Positive Thinking

- We have a **choice** about how we view something
- We can **change** how we as a group think and feel about what we see
- We can **cultivate** sustainable positive feelings about ourselves and our network
- We can **create** and **inspire** that in others through this approach

Why a Positive Psychology approach?

"We believe that persons who carry even the weightiest psychological burdens care about much more in their lives than just the relief of their suffering. Troubled persons want more satisfaction, contentment, and joy, not just less sadness and worry."

- Duckworth, Steen, & Seligman, 2005

Lee Duckworth, A., Steen, T. A., & Seligman, M. E. (2005). Positive psychology in clinical practice. *Annu. Rev. Clin. Psychol.*, 1, 629-651.

START

24 hour Community-Based Crisis Response

- Integrated into the overall system, use a multidisciplinary team approach, and be able to communicate effectively; Working with inpatient units, mobile crisis teams, emergency rooms
- Crisis Evaluation, Prevention, Intervention, and Stabilization: START Center
- 24 hour access to care providers for assistance
- Discharge planning meetings within 24 hours with START Coordinators linked with in-home services, inpatient and START Resource Centers

START Research Committee

Our mission is to advance research efforts that seek to improve the lives of individuals with Intellectual/Developmental Disabilities (IDD) and behavioral health needs and their families.

Committee Goals



Inspire and support START network members to conduct and consume research that addresses the needs of the population we serve.



Provide consultation services and discretionary funding to help START programs develop and launch independent research projects.



Connect parties within and across the START network and its affiliates who share similar research interests.



Disseminate research related to START and individuals with IDD and behavioral health needs and provide regular updates on all research initiatives.

Research Partners



GEORGETOWN UNIVERSITY



Systems change has its ups and downs

“You never fail until
you stop trying.”

-Albert Einstein